

Recent Cookery Books - November 2018

Southeast Asia Head Office  
Blk 231, Bain Street  
#03-05, Bras Basah Complex  
Singapore 180231  
Tel : +65-6883-2284/6883-2204  
Fax : +65-6883-2144  
info@marymartin.com  
www.marymartin.com

South Asia Head Office  
8/123, Third Street,  
Tatabad, Coimbatore â€ 641012  
India  
Tel : +91-422-2499030/2495780  
Fax : +91-422-2495781  
info@marymartin.com  
www.marymartin.com

Guilt-Free Desserts : Healthier dessert recipes for guiltless indulging /The Maya Kitchen Team /

Anvil Publishing, Inc, Philippines 2018

94p.

Includes Recipe Index ; Bibliography

9789712734212

\$ 15.00 / null

200 gm.

1.Desserts – Philippines

Have you ever wanted to lead a healthy lifestyle but your craving for rich desserts is stopping you? It's actually just a matter of using the right ingredients—natural sweeteners, sugar substitutes, fruits, yogurt, dark chocolate—and following the right recipes to cut down your calorie intake and consume less fat.

And for that, the Maya Kitchen has got you covered. With thirty delectable recipes using healthier substitutes but still giving you that satisfyingly sweet taste, Guilt-Free Desserts is the perfect cookbook for you.

<http://www.marymartin.com/web?pid=456687>

Hallowed Tables : Nourishing Recipes. Inspiring Stories / Edelwisa Roman Gonzaga

New Day Publishers, Philippines 2018

xiv, 166p.

Includes Recipe Index ; Bibliography

9789711013639

\$ 29.95 / null

300 gm.

1.Cookbooks – Philippines

2.Cooking – Philippines

The book is a delightful read, featuring stories of remarkable women of the parsonage, sprinkled with little-known facts and historical tidbits about their places of origin, cultural roots and the foods they love.

<http://www.marymartin.com/web?pid=456693>

Republic of Taste : The Untold Stories of Cavite Cuisine (Coastal Cuisine Foodways and Recipes) / Ige Ramos (Foreword) Ambeth R. Ocampo

Ige Ramos Design Studio (IRDS), Philippines 2018

160p.

9716218002449

\$ 60.00 / HB

750 gm.

This book is about the traditional food ways of the province of Cavite, Philippines. Cavite is usually studied through historical or written records that document the establishment of towns, the peaks and lows of population and demography, the catalog of revolts and revolution that figure in the birth of nation. It is even possible to see its history through the eyes of its heroes and its villains. Ramos chose to trace Cavite's past through its food and in the process found a history rooted in its food: geography determined the products of the land; waterways explained physical mobility and the transfer of Chinese, Spanish, Mexican, American, and Japanese influences over the centuries that gave shape, color and taste to their distinct food. Ramos' book, "Republic of Taste: The Untold Stories of Cavite Cuisine," enriches the growing literature of food from the regions that may one day fuse into a national cuisine. —From the Foreword by Ambeth R. Ocampo.

<http://www.marymartin.com/web?pid=456685>

---

Tart and Bitter : Four Decades of Dining Nightmares (The best of David Burton in The Dominion Post) / David Burton

Potton & Burton, New Zealand 2018

156p.

9780947503970

\$ 35.00 / null

250 gm.

Over his long career as a restaurant critic, David Burton has written approximately 2000 restaurant reviews for The Dominion Post and its predecessor The Evening Post, as well as Cuisine magazine. Of these, the vast majority have been either positive or at least mixed. However, working on the principle that as much as people might affect to publicly disapprove of negative criticism, in fact they secretly thrive on it, Tart & Bitter is a selection of what he calls his 'absolute scorchers'. These reviews span four decades from the 1980s, and along with small nuggety bits from many of his equivocating columns, build a highly entertaining picture of the most ground-breaking era of New Zealand's restaurant history. Acerbic and hilarious, these reviews feature a roll call of enraged chefs and owners, a stream of defamation threats in the era before the law changed, and an insightful glimpse into the worst moments of Wellington's restaurant culture. Anyone interested in New Zealand food will delight in this wicked and compelling book.

<http://www.marymartin.com/web?pid=455568>

---

Philippine Herbs: For Healthy Cooking, Common Cures, And Concoctions / Madulid, Domingo; M.fenix; J. Tan; J. Reyes

ArtPostAsia Pte Ltd., Philippines 2018

168p.

9789710579280

\$ 40.00 / HB

Philippine Herbs: For Healthy Cooking, Common Cures and Concoctions brings a fresh focus on 80 indigenous Philippine herbs and plants popularly used for home cooking, medicinal remedies, and for staying healthy. The book hopes to promote a better understanding and appreciation of indigenous Philippine herbs and how these have been used throughout the country as natural ingredients for healthy living.

<http://www.marymartin.com/web?pid=440547>

---

HOW TO ORDER BOOKS FROM US :  
Institutional/Individual Libraries

Please send us your official purchase order by e-mail/fax/post. We shall despatch the books to you. On receipt of the books in good condition, you can send us your Payment by Cheque/Wire Transfer. Credit Card Payments are accepted through paypal. For Postage & Packing - Actuals are charged. You can check the Postage at [www.singpost.com](http://www.singpost.com). If you need any further clarification, please do contact us.

-----